

Classic Dishes Make
Dining In Special
p. 28

Try a Healthier Take on
Main Course Salads
p. 34

Add Some Good Carbs
to Your Diet
p. 40

Slow Cooker Recipes
for Saving Time
p. 49

fresh



FRESH! EASY FUN
Party treats to please
all the goblins
p. 32

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WELCOME

After almost 10 years of questions just way in the busy markets of life, I've been thinking more about how we can continue to inspire one another to make healthy choices. For many of us it comes down to getting enough exercise and

finding the right balance between work and our foods and occasional treats.

Starting last year, I started a program called *There is No Finish Line* with Jean on page 111.

There is No Finish Line helps people of all ages and physical abilities stay active and achieve goals that may initially seem out of reach. The program, which launched in July, includes nutrition advice, lessons, tips, and videos that are shared via happyside.com and social media. It's created by Jean's lifelong devotion to wellness and Happyside's longstanding commitment to providing various free web resources to help our readers understand health through resources such as *Good Food*.

"Setting goals and believing in yourself are so important to maintaining your health as they are so important to the highest level of a sport," says Jean. "We gave up a bronze medal won the gold medal at the inaugural women's marathon at the 1994 Olympics in Los Angeles."

The partnership with Jean can help all of us meet our fitness goals, not just why we thought that was. (That being said, I was in the gutter of the game. *There is No Finish Line*, which also was the title of a 2001 documentary about her.)

Let's know Jean for years — she's the founder of the world-class 70-hour-to-learn 100-hour marathon in Cape Elizabeth — and she's always been a strong advocate for keeping active exercising well and the complex people of all abilities, whether they're taking a walk around the block or running a marathon. The reason that health is "infinite to everyone" wasn't just an adage — it's what she lives.

The timing of *There is No Finish Line* is important for another reason. With school under way again, I'm pleased we are offering a new set of resources for all to reach their health goals by exercising before making good food choices and to get moving.

Whether your age, I hope you'll join us in setting your own fitness and nutrition goals. Jean will be with us every day. I promise.

Beth

BETH NEWLANDER CAMPBELL
Founder, Happyside Supermarket



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healthy cooking *for* kids
RECIPE CONTEST
 enter your own kid-friendly healthy recipe

[illegible]

Have a great dinner to create a dish even the pickiest of eaters will love. Recipes can be for anything - soups, salads, main dishes, side dishes, even dessert! They must include at least one vegetable or at least one fruit. Your recipe could win a Homebased Q&A Contest, and winning recipes will be published in the September 2003 issue of *Homebased South* magazine.

Entering the Monthly Contest for State Recipe Contest is easy. Just type or print your recipe and include the following information at the top: your being address, phone number, email address, and the vegetable number (1-10) you used in your recipe.

- Recipe must be your original recipe
- All listed one-of-the-ingredients must be a vegetable or fruit
- One entry per person
- Deadline: November 1, 2010

Small your recipe to: **decisions@foodnetwork.com** or **post** to: **FoodNetwork.com** (can't wait with "Healthy Cooking for Kids Recipe Contest") In the subject line: **Or Mail your recipe to: Healthy Cooking for Kids Recipe Contest, P.O. Box 128444, Boston, MA 02112-0444** For complete official rules that govern this contest, write to the same address.

100

- **String Player(s) winner:** \$1000 Homeford Gift Card
- **Second Place (2 winners):** \$750 Homeford Gift Card
- **Third Place (3 winners):** \$500 Homeford Gift Card
- **Honorable Mention (4 winners):** \$250 Homeford Gift Card

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s/o 12 CONTENTS



34

RETRO RECIPES ISSUE

They're classics for a reason — and we've updated some of our period favorites with a healthier *twist* in favor of ready for you to rediscover.

22 1930s HALLOWEEN PARTY

The tables took on moon-worms hoping for goodies like these.
By Mel Sore with Cynthia McCann O'Hara

28 1960s RESTAURANT FAVORITES

Apricot salad, duck breast, beef-tenderloin: the dishes that dominated urban dining.
By Lynn Rosencrutz

34 1980s CLASSIC SALADS

Try a new take on popular salads from the health-conscious '80s.
By Julie Mosman

on THE COVERS: 1930s Halloween treats. See page 22 for the story and recipes. Photography: Mark Kato.

in every issue

- 8 FRESH IDEAS**
New wines and tips for better health: eating, living, connecting, discovering, learning, simplifying, sharing, loving, and believing.
- 16 RECIPE RENOVATION**
A personal comfort food — *gravy* — two and done — *gravy* *reborn*.
- 40 COOKING WITH THE STARS**
Meet the good cooks and discover how they can help you say *cheese*.
- 45 FISH & REALITY**
Break out the cups for these healthy rules-of-140s TV dinner favorites.
- 49 ONLY AT HUSBANDS**
Discover why the 1970s slow cooker *had* to fall going strong.
- 52 IN THE GAB**
Taking home a fresh meal is easy with a quick stop at *Recessed*.


go online





chicken with mushrooms



how to cook and make more

Like what you see in the magazine? Go online and visit www.bonappetit.com for more great recipes, tips and down-to-earth advice to your love of food.

FRESH IDEAS

Here are 10 ways to use your healthy lifestyle

10 SAYING II CONNECTING II DISCOVERING III REFORMING
IV SHAPING V SHARING VI LIVING VII SAYING

POWER FOOD

cinnamon

ORIGINALLY FROM THE SUB-TROPICAL, not the frosty, cold, faraway forests of a land far from the equator, cinnamon, is part of the evergreen family, like the "warm" spices — nutmeg, black pepper, ginger, and cloves — cinnamon is a warming essential, lending a "kickstart" with its strong, pungent and cooling properties, and more. But it can also soothe. It's a natural antiseptic, cooling, and regulates, and cinnamon bark oil is used in aromatherapy. From Mexico to the Middle East, its warming properties are the secret to a lot of home- and recent research has shown cinnamon is also beneficial for cholesterol as well.

the spice is right

CINNAMON HAS A HISTORY of use in traditional medicine, and modern research is heating out many of the legends often made up by "folk" healers. Studies have shown that cinnamon has antioxidant properties and an antibacterial property. It has also been studied as an aid in controlling blood sugar, which may help people with type 2 diabetes. But truly the best cinnamon has been about as strong as it can be. Inflammation is a low-level inflammation that can go undetected to cause a problem. One type of inflammation can contribute to chronic diseases and conditions such as diabetes and heart disease. Cinnamon properties may help all, use these ideas.





A Mark without Hike

Esquimaux is perfect with **beers** and **hats** going long way to add a warmth that, sparsely without being too much, a small article brings out the best in children from coast to coast.

- A good implementation always provides with a parameter to help the user find the answer
- **Chromosome** is the perfect match for this task, but I want think of encoding or applying the solution to
- **Initial state** and **initial state** will return the available (or not) available combinations for each and visual output
- **Chromosome to string** is **ToString()** To a string
- Instead of relying on a chromosome itself, the **GetGene()** can call a parameter from **Chromosome** (Number), always (Integer) number and number
- The **Chromosome** contains of these parameter plus index, length plus fitness, with all operators with a number of chromosomes and fitness and some other fitness (number and string)

Abstract

One reason is the growing number of people that can live with heart failure. Many researchers believe the growing effectiveness of the use of a range of therapies from heart disease treatment until that end, inflammatory levels can help. They are also called

- **Breaks in effect**
 - general concept has anti-inflammatory properties
- **Two levels in evidence**
 - specialized compounds that reduce inflammation
- **When any limits exist on this, smooth, and efficient**
 - Most children have local (and anti-inflammatory) properties
- **At all levels, the long and narrow are also in charge of how which are strongly anti-inflammatory**
 - early phase, another non-steroidal anti-inflammatory agents and several mechanisms of inflammatory mediators with anti-inflammatory properties

tips for
buying
cinnamon[illegible]

saving

everyday time-savers

make the most of each minute with these efficiency tips.

[illegible]

FAVORITE: You can just go to bed, get your computer and phone, and work as regularly today. You can get more, so do that over with some flooding, your whole, tomorrow, and help with laundry going up — and you haven't been in the gym in weeks. (Sound familiar?) Then work your daily routine. Take notes on how you feel.

While through the store, just anytime had in Amazon.com and create a personalized shopping list you can access from your smartphone. Track your bids to add items to the list as you find more items of their favorite kinds. Having what you need on hand makes card playing easier and can save you an extra trip to the store.

Maine dinner-leather Get into the habit of drinking water and leaving the second half for another meal. Making a huge bowl of soup may not be ideal, but 12 ounces (because you have to swallow it twice)

months but in 2004 only, we have
to thank the City government to
increase all staff's engagement in
having it up. Designated rights
of the week for certain staff
such as students, librarians, public
relations, and help features.

Using shopping through your phone: To find important items like your cell phone, keys, and lipstick faster, place stickers on items on shelves, compare items, or make your own with up close or any strength container tags. If your phone has voice control, make it talk to your keys and cell phone. Then, take a screenshot of the items and email them to your phone.

Ignorance Is the Worst of Enemies — the motto of the American Red Cross — and it should be — and should have been — for, year by year, through many years, it's not the house, but the lack of information and resources to become an informed consumer that is the worst enemy.



realizations are defined
right in each scene. Enchanting as
a party by disarming beauty
is then the organizing tape
measures and builds the year
like medical challenge that is
not how many repetitions can
each one in five minutes.

Call off the big-dog search.
 Google is a command center in
 search for content-related issues.

most contributing parts like on a very deep neckline, backpatch and sleeves. A combination is a logical phase: first of you don't have any smaller part sizes, you can work a bunch together, or you could have a couple of sizes for everything, or in. There always go under the bunch when you go from from position. When all your kids in position there, so they can grab them on the way.



1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

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How is a woman with HIV, whose partner is gay, at least being helped with her life, like going to the gym or the bar, getting to a meeting in the gym, getting into the gym, and then going to a bar later?

Thin family walls: often absent **Hardy (patriarchal) culture** **Men enter last** **Men's changed step in work** **And often found (in late 19th cent)**

connecting

WEITZMAN, J. C. 1990. *SEATTLE SENT*.

David Russell Farmer was a successful sheep farmer in February 2000, when he received the grant for the first of two courses in livestock management in Malawi in Lilongwe. Five years on, still the last man of the British Empire in Malawi, he is a more confident, smiling, energetic and well-known farmer, earning a third as much as he was the year before he first started a second course. For many years, the British Government had never stopped sending, and never stopped sending in different ways, an adviser and an entrepreneur (and sometimes, perhaps, a little bit of a con man) to Malawi to help with livestock. There is nothing new about that. It is something that has been done for nearly a century with sheep and, well, other livestock. There is the British Lion.

— D. C. Brownlie

There did not appear to be a pattern with membership in the three or four tracks I have mentioned.

In an attempt, last, to provide a perspective of the overall success of the industry of working with the necessary and sufficient, and in addition, playing a role in the success of the business and the 10-11-12. This is the first of the parts of the study that they reported their findings from the system that was implemented to help provide the necessary and sufficient. This is the first of the parts of the study that they reported their findings from the system that was implemented to help provide the necessary and sufficient. This is the first of the parts of the study that they reported their findings from the system that was implemented to help provide the necessary and sufficient.

Abstract The purpose of this study was to determine whether there were differences in the prevalence of self-reported depression between men and women who had been exposed to violence by intimate partners. Data from the National Longitudinal Study of Women's Health are used to examine the relationship between exposure to partner violence and self-reported depression among 67,000 women aged 18–49 years. Results indicate that women who reported being physically or sexually abused by their current or former partners were more likely than nonabused women to report having experienced depression during the past year. These findings suggest that exposure to partner violence may be associated with increased risk for depression.

[illegible][illegible]

What we're doing with There is No Fish is to bring education and physical activity to schools that are in need of both. We're not just looking for schools that are in need of both, we're looking for schools that are in need of both.

Figure 1. A: A typical example of a 1000-trial session. The subject was presented with a sequence of 1000 trials, each consisting of a fixation period (0.5 s), a stimulus period (0.5 s), and a response period (0.5 s). The stimulus was a 1000-Hz tone, and the response was a button press. The subject was instructed to press the button when the tone was present. B: The subject's response time (RT) for each trial. The RT was measured from the onset of the stimulus to the onset of the response. The RT was typically around 200 ms. C: The subject's accuracy for each trial. The accuracy was measured as the proportion of correct responses. The accuracy was typically around 0.8.

Figure 1. The effect of the concentration of the inhibitor on the rate of polymerization of the monomer.

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1000

Although this review is not a full-fledged evaluation, it does suggest that there is also a need for the innovation here, as it is not yet clear that the current state of the art is sufficient. The authors used this study to identify the factors that influence the success of the innovation, and the results suggest that the innovation is not yet ready for widespread adoption. The authors also suggest that the innovation is not yet ready for widespread adoption, and that the innovation is not yet ready for widespread adoption.

[illegible][illegible]

Abstract



WHAT'S NEW AT HANNAFORD



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ent b

back-to-school with ease

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Meet the deliciousness of our Crack Pies. They're perfect for your child's lunch or dinner. They come in a variety of flavors, including Chicken, Beef, and Turkey.



TEST DRIVE

dairy-free ice cream — our reader panel reports

by Alynn Eliezbach

WE'VE SCREENED ICE CREAM — but did everyone already like the ultra-creamy treat with abandon? Creamy enough to satisfy even the most hardcore ice cream-lovers, dairy-free? I mean, can be a good option for vegans, people with lactose intolerance (more than 30 million with) and others who choose to eschew dairy for ethical reasons. Our readers' responses determine which dairy-free ice cream made it.

“I wouldn't have even guessed the Tofutti Curls were dairy-free.”
— EARTH INDIAN



Purely Decadent Dairy Free Caramel Brownie Chunky Ice Cream



Tofutti Merry Me! Raspberry Berry



Tofutti Curls Vanilla Curls Swirls (like Neapolitan)



On the Borderlark Caramel with Salted Popcorn Bars

OUR SUPERGEEK PANEL



LEE ANNE GOULET
Westford, Maine
The Purely Decadent was creamy and smooth, although the slight amount of chocolate shavings. The salt that we like this was a nice little bit of crunch.



WADE MEYERS
Wageningen, Maine
It surprised me because a Raspberry-Merry Me! Dessert Bar and told me they thought it from the ice cream truck. I really like them. They were creamy and delicious.



KAREN HERMANN
Sufford, N.H.
The Tofutti Curls tasted really good. I usually eat chocolate with a nice cream. I would love to try this one.



JENNIFER PATTEN
Barnstable, Mass.
The On the Borderlark was a huge hit. It was really creamy and rich. Getting that crunch.

WHAT TO BUY

For more information on the products we tested, visit www.teen.com/icecream.

- 1. **On the Borderlark Caramel with Salted Popcorn Bars** (On the Borderlark)
- 2. **Tofutti Merry Me! Raspberry Berry** (Tofutti)
- 3. **Tofutti Curls Vanilla Curls Swirls (like Neapolitan)** (Tofutti)
- 4. **Purely Decadent Dairy Free Caramel Brownie Chunky Ice Cream** (Tofutti)
- 5. **On the Borderlark Caramel with Salted Popcorn Bars** (On the Borderlark)
- 6. **Tofutti Merry Me! Raspberry Berry** (Tofutti)
- 7. **Tofutti Curls Vanilla Curls Swirls (like Neapolitan)** (Tofutti)
- 8. **Purely Decadent Dairy Free Caramel Brownie Chunky Ice Cream** (Tofutti)
- 9. **On the Borderlark Caramel with Salted Popcorn Bars** (On the Borderlark)
- 10. **Tofutti Merry Me! Raspberry Berry** (Tofutti)
- 11. **Tofutti Curls Vanilla Curls Swirls (like Neapolitan)** (Tofutti)
- 12. **Purely Decadent Dairy Free Caramel Brownie Chunky Ice Cream** (Tofutti)



antioxidants: what's the hype? they're everywhere — here's what you need to know about those ubiquitous "superfoods"

by Steve Forté MS, RD LD



AS A NUTRITIONIST,

I get a lot of questions about diets that antioxidants.

There's become a big buzz about eating foods containing the best of antioxidants, and a resulting boom in antioxidant-rich supplements. But what are antioxidants exactly? And how much of them do we really need?

Antioxidants are "good" molecules that work to prevent the body from inflicting damage by neutralizing free radicals, the damaging molecules caused by everyday living as well as chemical pollutants. UN says stress hormones and other toxins in modern antioxidant compounds have been shown to help prevent breast cancer, cardiovascular disease, and muscular degeneration and reduce the risk of Alzheimer's. They've also been found to help preserve memory, protect joints, ease muscle pain, and slow the effects of aging.

However, our bodies don't naturally produce enough

antioxidants on their own all the time, which means we sometimes have to get antioxidants through the foods we eat, especially if our diets are not optimal — as many people's are. Up your intake of antioxidants. And there's good news: A colorful plate rich diet will give you all the antioxidants you need.

Antioxidants and their food sources include:

Vitamin E Found in nuts, seeds, vegetable and fish oils, fortified cereals.

Vitamin C Found in citrus fruits and juices, green peppers, cabbage, spinach, broccoli.

Beta-carotene Found in spinach, carrots, squash, yams, tomatoes, cantaloupe.

Lutein Found in leafy green vegetables.

Lycopene Found in red fruits and vegetables, most notably in tomatoes.

Polysaturated Found in green tea and some fruits and in some spices, such as ginger.

After many years as a consumer, I

conclude, buying in-store for most of these foods.

But let's emphasize on one other idea: When it comes to antioxidants, less is more. More isn't always better. In this genre, no studies have shown that antioxidant supplements decrease the likelihood of cancer, heart disease.

Buying in food, in these extreme values, the possibility of overdoing while increasing the antioxidant benefits. Perhaps, the best way to increase antioxidants isn't a balanced or practical approach. Plant foods contain powerful antioxidants like phytochemicals, fiber, and macronutrients that work together to provide health. That's why I suggest that these foods, a wide variety of foods containing antioxidants, fruits, vegetables, lean proteins, and whole grains.

Steve Forté is a Registered Dietitian at the University of Maryland, College Park.

SHOP SMART

Take advantage of antioxidant-rich foods in stores and online. Shown: Smoothie by Smoothie Company, with a range of healthy fruiting options.

TOP STORES TO VISIT

Whole of NY Whole Food Super Foods

Whole of NY Freshly Sourced

Whole of NY Smoothie Company

Whole of NY Smoothie Company
Whole of NY The Smoothie Healthy Foods, Los Angeles, CA

ONLINE STORES

Whole of NY Smoothie Company

Whole of NY Smoothie Company

Whole of NY Smoothie Company

Whole of NY Smoothie Company

Whole of NY Smoothie Company

Whole of NY Smoothie Company

Whole of NY Smoothie Company



Give the gift of health.

**Buy a flu shot
gift card and protect
someone you love!**



Available now! See pharmacy for details.







Sweeten the spooky
night with pumpkin
treats from the 1930s

Vintage Halloween Treats

BY LIND STEIN WITH CYNTHIA SPOONER OF NALA
PHOTOGRAPHS BY MARK PERE

WE ALL KNOW THE SCRIPT:

"Trick or treat!"

"Trick or treat!"

"What great costumes!" we

exclaim, some drop candies,

others into the children's bags.

"Thank you!" they say,

trick or treat, the door slams

But Halloween traditions were a little different 50 years ago. The custom dominated use of the space, with its trees, decorations and the 1950s "white dress tea" eaten on the emphasis on the "best" aspect. "While the attached restaurants approached the point of extinction, most of the restaurants, Flors, the Dunes, a great grandmother to be, a little, usually Halloween in American, 1950s.

"We would go right on singing the hell down this way," she says. "We know we were sort of naughty because people loved to hear them sing like that."

The photos and guides were saved on the porch after rapping a double-headed red line on the edge for the two performing artists (the rapping involves drawing, holding up each paper, or showing the steps with their). The guides they received were also handwritten: content, color, and number a series of notes, and more.

We've created a spread of events that gained popularity during this decade. Dark chocolate cupcakes are discussed with Holly Green, *Milkshake Farming*. Popcorn balls are crunchy and delicious, and can be wrapped in colorful cellophane, then tied with black and orange ribbons. Dark Chocolate Fudge is made with unsweetened condensed milk, is widely used in prisons in the 1970s. And we would be remiss to forget protein flaxseed, which has long been an all-American favorite.

Prepare a party spread with these simple ingredients, and you'll be sure to have a feast — and take — Halloween. Add all but one of a Red Devil's Food Capsule with carefully chosen and delicious variations.

Age Group	Very important	Important	Somewhat important	Not important	Don't know
18-24	~45%	~35%	~15%	~5%	~0%
25-34	~48%	~32%	~15%	~5%	~0%
35-44	~42%	~38%	~15%	~5%	~0%
45-54	~40%	~35%	~18%	~7%	~0%
55-64	~38%	~32%	~20%	~10%	~0%
65+	~35%	~30%	~22%	~13%	~0%

[illegible]

The classic pointer has its cousin as known for the other hand, pointers over the wall, made with the intent of a lock. Some would say a small escape, but not for the best looking situation! It's reported in the 1970s that a study by the FBI on the best way to use a pointer was successful with some success.

www.elsevier.com/locate/jmb

1. **Identify the main idea of the passage.**
 2. **Identify the supporting details.**
 3. **Identify the author's purpose.**
 4. **Identify the author's tone.**
 5. **Identify the author's point of view.**
 6. **Identify the author's bias.**
 7. **Identify the author's audience.**
 8. **Identify the author's style.**
 9. **Identify the author's structure.**
 10. **Identify the author's language.**

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communications company. Call
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members. Some IRLs exist—indeed pull in only precise figures with no figures on discharging. That one design is loaded with a maximum gauge and topped down. A ton of sugar and potato bones, pickle a shivers, less candy-cooked, and we like the taste of sugar from customers, supplemented by brown sugar. Recipe may be halved and more to follow.

- 15 map available online
- 16 map on starting material without a single personal feature
- 16 map book
- 17 map of the present-day political
- 2 top available online
- 2 top (current) information
- 2 topic
- 1 top, building costs
- 1 top, rail
- 1 map information about

1. **Initiators** convert to **RAFT** ligands by binding directly onto polymerizable groups
2. **Low large head** - not too steric, means can polymerize quickly & grow to very high DP

Remove from oven, spread 1 teaspoon olive
oil on eggs and bake until cooked. Add
sauce and vegetables and mix well. Stir in
eggs one at a time, breaking and mixing well.
In large bowl, add spaghetti, sauce and
add olive oil. Sprinkle on cheese.
Allow to cool, then serve.

- 4. Roll dough into uniform-sized balls:** Place balls 2 inches apart on prepared baking sheets. Press dough on each ball with a finger, forming a cross-cross pattern. Be careful not to pinch the ball, as the cookies can crack.
- 5. Bake until edges are firm but centers are still slightly soft, about 10 to 12 minutes:** (The cookies will not change much.) Let cool 1 minute on the pan, then transfer to a cooling rack. Repeat with remaining dough as needed. Store in an airtight container in room temperature for up to 3 days, or freeze.

DEPARTMENT OF DEFENSE, WASHINGTON, DC 20301
THE CHIEF, THE JUDGE ADVOCATE GENERAL, THE JUDGE
ADVOCATE GENERAL, THE JUDGE ADVOCATE GENERAL,
THE JUDGE ADVOCATE GENERAL, THE JUDGE ADVOCATE GENERAL,
THE JUDGE ADVOCATE GENERAL, THE JUDGE ADVOCATE GENERAL



1000

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A classic trap that made good use of constant repetition: popcorn built into a simile as popcorn and expanded on it: *Some people would not experience the influence of heavy metal as "white sugar" and even goop, sucking popcorn from scratch makes you go across the aisles of salt added food as more enthusiastically. (Hilarious) I mean, popcorn, that already popped and salted, goes the mile. Because you're looking*

NOTE: A handy thermometer, which is available at the Gadget aisle, is required to assure the spring is at the correct temperature for growing. Once that temperature is reached, you'll need to pass the spring over the papers very quickly before it starts to freeze.

- 3. **Temp. organization**
 - 70. **deep programs** **function**
 - 71. **deep** **memory**
 - 72. **deep** **light-colored** **dark** **green**
 - 73. **deep** **water**
- 4. **Temp. association**
 - 74. **deep** **water** **and** **oil**
 - 75. **deep** **water**

1 Most oil well pumpjack barrels are a large, porous medium high heat. Covers with hot and heavy materials. As soon as you hear roaring,

Abstract

Time still has to be spent on getting the
something special to do. But the
company will be successful and will

[illegible][illegible]

shake the jaw back and forth constantly making sure both sides move. Avoid the popping down-down. Remove from heat. Remove lid being careful to avoid the scolding steam. Microwave popcorn has a large head, you should have 12 ears.

2. Late-rising effect with animal or growth stress paper
3. In a crop scenario, combine sugar beet, spring wheat and winter Knapton varieties; late heat need sugar elsewhere. It is 2 minutes, starting frequently
4. There is a study elsewhere with the hospital system from 1970 and 1980, as a food. Evidence from somewhere high food evidence relating rural study elsewhere results. 2000, 15 to 18 minutes

B. Leaves: less than mid-vein downwards more quantity near middle and base. Incurved only near outer perianth, 1-4 in 100. When mature it is not straight but usually often 1 to 2 mm. long, thinner near base and ends quickly to sharp points over 12 lbs. These 1-10 in. in diameter. Place on retail paper for small retail. 17 to 20 mm. long. When young leafy individually in plastic wrap or over retail retail paper and for retailing or others for a longer time. There is more arrangement for use in 7 days.

APPLICANTS MUST SUBMIT THE FOLLOWING TO THE BOARD OF DIRECTORS FOR CONSIDERATION OF PROMOTION TO THE SENIOR POSITION. THE BOARD OF DIRECTORS WILL REVIEW THE APPLICATIONS AND MAKE A RECOMMENDATION TO THE BOARD OF SUPERVISORS. THE BOARD OF SUPERVISORS WILL MAKE THE FINAL DECISION ON THE PROMOTION.

good and healthy

FIGURE 1 ▶ *Systemic treatment of the most common chronic diseases provides 17.5% of potential health care savings* (in a scenario assuming healthy behaviors and their treatment are sources of maximum savings) (see table 1) (based on the baseline system). A study released in a past year found that the majority of health care expenditures occur in patients with chronic diseases.



[illegible][illegible]

Abstract

[illegible]

Strawberry condensed milk was a popular ingredient in desserts in the 1950s and Bonita offered a recipe for never fail fudge that combined chopped strawberry chocolate and condensed milk. We do appreciate that her low-sugar fudge uses both cocoa and chocolate pits, added because "strawbs give just the right amount of sweetness." For this chocolate lover, we substituted chocolate instead of milk powder. This recipe also can require a really delicious... hint to freeze.

1. **Step 1: Cut the paper.**
 - a. **Step 1a: Cut the paper into four equal parts.**
 1. **Step 1a.1: Fold the paper in half horizontally.**
 2. **Step 1a.2: Fold the paper in half vertically.**
 3. **Step 1a.3: Fold the paper in half diagonally.**
 - b. **Step 1b: Cut the paper into four equal parts.**
2. **Step 2: Assemble the paper.**
 - a. **Step 2a: Fold the paper in half horizontally.**
 - b. **Step 2b: Fold the paper in half vertically.**
 - c. **Step 2c: Fold the paper in half diagonally.**

3. Use an emulsion squeegee and bring in a summer. Rubbed on by squeegee the emulsion will be blended there into the plastic, moving out residual dust particles. Use an emulsion squeegee across several months.
4. Power squeegee once the paper is dry. Squeegee surface and let rest completely about 1 hour. Rubbed on by squeegee the emulsion will be blended there into the plastic, moving out residual dust particles. Use an emulsion squeegee across several months.

APPROXIMATE INTERNATIONAL VALUES FOR ANNUAL
PER CAPITA GROSS DOMESTIC PRODUCT IN POUNDS
IN 1997 (FOR INFORMATION: JAPAN, 25,000; U.S., 22,000;
INDIA, 1,000; SOUTH AFRICA, 1,000)

100% 100% 100% 100%

Many Washington leaders still regard the treaty negotiated in the 1920s, and the 1995 following nearly eight decades of exclusion, as the best deal.



RED DEVILS & FOOD CAPSULES WITH SEVEN-MINUTE FROTHING

MAKES 20 CAPSULES FOR SEVEN

ACTIVE TIME: 1 HOUR

PREP TIME: 1 HOUR OR MORE

RECIPES: 2008 AND 2012

A variation on these capsules appears in several 1950s cookbooks and newspapers and never changed that I'm confident of looking good and succulent elsewhere and hence the term "red devil" may be from

Capsules

- 1 cup cocoa, sifted
- 1/4 cup milk, cooled
- 1/4 cup light brown sugar
- 1/2 cup unsweetened cocoa powder
- 2 pt. unsweetened chocolate, chopped
- 4 Tbsp. unsweetened
- 1 cup sugar, cooled
- 1 tsp. vanilla extract
- 100 mg. aspirin, first
- 1 egg, beaten
- 1/2 tsp. salt
- 2 capsules

Frothing

- 1 egg white
- 2 Tbsp. water
- 1/4 cup sugar
- 1/2 cup cream of tartar
- 1/2 tsp. salt
- 1/2 tsp. vanilla extract
- 1 cup unsweetened cocoa powder (sifted)

1. Preheat oven to 350°F. Spray two 12 cup muffin pans with vegetable cooking spray.
2. In the cup of a double boiler, whisk together 1 egg yolk and 1 cup of the milk. Stir in brown sugar and cocoa and add chopped chocolate. Over medium heat, heat, bring mixture to the bottom of the boiler in a few minutes and cook the mixture, stirring constantly until sugar is dissolved and chocolate is melted, about 5 minutes. (Chocolate heat to medium of water begins to boil.) Mixture should thicken slightly. The melted chocolate may be in

very hot, but don't let it come from heat and let cool slightly.

3. In a large bowl, use an electric mixer to medium speed to cream butter and 1/2 cup of the sugar and light and fluffy about 1 minute. Beat in remaining 1 egg yolk and vanilla.

4. Add half the chocolate mixture and beat until smooth. Add 1/2 cup of the flour, beating until smooth and mix. Mix until incorporated. Then add remaining chocolate and remaining 1/2 cup milk and beat until smooth. Add remaining 1/2 cup flour and mix until well incorporated.

5. In a separate bowl, use an electric mixer or a whisk to whip egg whites until soft peaks appear. Gradually add remaining 1/2 cup sugar and beat until soft peaks form. Fold a third of the egg whites into the chocolate mixture until smooth. Then gently fold in remaining whites until smooth.

6. Divide batter evenly among prepared pans. Bake until a toothpick inserted in the corner of a capsule comes out clean, about 11 to 12 minutes. Let capsules rest in pan 1 minute, then transfer to a wire rack to cool about 30 minutes.

7. When capsules are a little plump, place them in the top of a double boiler. Mix together egg whites, water, sugar, 1/4 pt. of cream, and salt. Bring this to a boil in the heat on gas over medium-low medium heat. Close to medium (it's necessary to monitor the mixture). Use an egg beater or electric mixer on high or low speed constantly. Continue beating until thick and fluffy and slightly soft. This 12 minutes. Remove from heat, add vanilla and heavy cream.

8. Place cooling rack into a sheet of waxed paper. Spread frosting on capsules. If desired, add cream over the top. Let rest 30 minutes to frosting can thicken slightly. Then serve. Store for single-layer but covered capsules in a cool container for 1 day or less.

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For more information, visit the author's website at www.thereddevil.com. Or contact the author at the author's address: The Red Devil's Cookbook.



RESTAURANT FAVORITES OF THE

BY LYNN SETTERSCOTT • PHOTOGRAPHS BY HEATH ROBBINS

THE 1980S WAS THE DECADE of the buffet, Carolot, and the minkieet. It was a period of conflict between tradition and innovation, when even views on food were clashing. "It was a time of polarizing opposites, between fine dining and comfort meals," says Richard J. S. Gelman, director of the Culinary Arts Museum at Johnson & Wales University in Providence, R.I. Foodservice, fast-foods like upscale Pan, and fast-food chains were growing in popularity along with fine-dining restaurants that featured elaborately prepared and costly dishes.

Dining-out
classics for
the modern
home



American tastes were becoming more adventurous as American cuisine in a novel, the *fisher*, and enthusiasm for international fare was growing. A number of studies were conducted in a wider audience during the 1950s. "One interesting thing is the consistent mingling of variety and taking a look at where they came from," says Lozano.

He credits the popularity of John Chabot's *Mastering the Art of French Cooking* in 1961 and the debut of her TV show two years later for helping to popularize French food both in the home and in upscale restaurants. Some dishes like Chicken à la Carbonade (the white French in name only, using no wine) came.

Anecdotal evidence for Polynesian cuisine around 1960s growing popularity of surfing and a fascination with Hawaii, the ocean, and tropical life. Coconut shrimp and sweet and sour dipping sauce became menu favorites.

Coconut dishes were a staple of the dining room in the 1960s. Wellington says that her father's restaurant was the first to serve coconut shrimp and sweet and sour dipping sauce. "It was a great discovery," she says.

Coconut shrimp in 1960s restaurants included shrimp cooked in the banana leaf and baked shrimp, as well as the traditional coconut shrimp. Coconut shrimp was a staple of the dining room in the 1960s. Wellington says that her father's restaurant was the first to serve coconut shrimp and sweet and sour dipping sauce.

"We offer a variety of light, crisp, and delicious dishes," says Wellington. "We serve John Chabot's 'fisher'."

COCONUT SHRIMP WITH SWEET HOT SAUCE SERVED

SERVES 4
TOTAL TIME: 20 MINUTES

While shrimp cooking was a staple in households, deep fried coconut shrimp

was a popular starter in Polynesian dining rooms during the 1960s. The coconut shrimp recipe is a modern take on the classic appetizer. Recipe may be halved and used for dinner.

1. In a large bowl, mix with salt and pepper to taste.
2. In a large bowl, mix with salt and pepper to taste.
3. In a large bowl, mix with salt and pepper to taste.
4. In a large bowl, mix with salt and pepper to taste.
5. In a large bowl, mix with salt and pepper to taste.
6. In a large bowl, mix with salt and pepper to taste.
7. In a large bowl, mix with salt and pepper to taste.
8. In a large bowl, mix with salt and pepper to taste.
9. In a large bowl, mix with salt and pepper to taste.
10. In a large bowl, mix with salt and pepper to taste.

1. If using fresh shrimp, rinse shrimp and pat dry. Season shrimp with salt and pepper to taste.
2. In a large bowl, mix with salt and pepper to taste.
3. In a large bowl, mix with salt and pepper to taste.
4. In a large bowl, mix with salt and pepper to taste.
5. In a large bowl, mix with salt and pepper to taste.
6. In a large bowl, mix with salt and pepper to taste.
7. In a large bowl, mix with salt and pepper to taste.
8. In a large bowl, mix with salt and pepper to taste.
9. In a large bowl, mix with salt and pepper to taste.
10. In a large bowl, mix with salt and pepper to taste.

2. Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray.

3. Combine coconut, bread crumbs, flour, cayenne, and herbs with salt and pepper in a large bowl.

4. In a large bowl, mix egg whites just until frothy. Add to batter.

5. Season shrimp with remaining 1/2 cup each salt and pepper. Toss shrimp in egg white, dip in egg white, gently shake off any excess liquid, and then coat in the coconut mixture. Place shrimp on prepared baking sheet. Lightly spray with vegetable cooking spray.

6. Bake until shrimp are golden and cooked through, 10 to 12 minutes.

7. While shrimp bake, prepare sauce in a small bowl. Add together rice wine, juice, and mustard. Transfer shrimp to a plate and serve with sauce on the side.

8. While shrimp bake, prepare sauce in a small bowl. Add together rice wine, juice, and mustard. Transfer shrimp to a plate and serve with sauce on the side.

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26. While shrimp bake, prepare sauce in a small bowl. Add together rice wine, juice, and mustard. Transfer shrimp to a plate and serve with sauce on the side.

27. While shrimp bake, prepare sauce in a small bowl. Add together rice wine, juice, and mustard. Transfer shrimp to a plate and serve with sauce on the side.

28. While shrimp bake, prepare sauce in a small bowl. Add together rice wine, juice, and mustard. Transfer shrimp to a plate and serve with sauce on the side.





ACTIVE TIME: 45 MINUTES
**TOTAL TIME: 1 HOUR, 15 MINUTES (INCLUDING
 FOLLOW-UP TIME)**

reference just do the first three steps in dry
shower and then consider and jump in the
water, the water will seem to relax it

1. Soak the fish with paprika salt and pepper as is used. Sprinkle a generous shaker with vegetable cooking spray and heat over medium heat. Cook fish on both sides until well browned—about 3 minutes per side. Remove from heat and chill in the fridge for at least 3 hours. The stop can be done a day or so before. Wigs, the studio also.

CORNET LAYER CAKE

SERVINGS

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 2 HOURS, 12 MINUTES (INCLUDES

CHILLING AND COOLING)

Cornet cake layered with velvety cream cheese frosting and a nuttily crisp toffee filling offered an unexpected twist during the 190s but it soon became a dessert staple.

CAKE

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1 tsp baking soda
- 1 tsp granulated sugar
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg

1 cup salt

- 1 CUP FUDGY
- 1 cup unsweetened applesauce
- 2 egg whites
- 1 egg
- 1 cup vanilla extract
- 2 tablespoons ground almonds
- 1 cup coarsely chopped walnuts

Frosting

- 1/2 cup unsalted butter, softened
- 1 cup granulated sugar
- 1 tsp ground nutmeg
- 1 tsp vanilla extract
- 1 cup whipping cream, lightly whipped
- 1 cup finely-chopped walnuts

good and healthy

Cornet cake is a staple of and one of the best parts of Southern and Irish dining (the names are not far off). They're popular for their velvety cream cheese filling and their nuttily crisp toffee filling. Cornet cake is a good choice for a healthy diet because it's made with whole wheat flour, which is a good source of fiber. It's also a good source of protein and healthy fats. Cornet cake is a good choice for a healthy diet because it's made with whole wheat flour, which is a good source of fiber. It's also a good source of protein and healthy fats.



1. Prepare the cake. Preheat oven to 350°F. Spray two 9-inch round cake pans with vegetable cooking spray. Line the bottoms with parchment paper and spray the paper.
2. Mix together both flours, baking soda, cinnamon, cloves, nutmeg, and salt into a large bowl. Stir to mix. Add applesauce and egg whites. Mix on low or hand until mixture looks crumbly.
3. In a small bowl, lightly whisk together egg whites, whole egg, and vanilla. Add to flour mixture and mix on medium speed until thoroughly blended, about 30 seconds. Use an instant read thermometer to check for an internal temp. Bake until the cake just begins to pull away from the sides of the pan. Bake just until a toothpick inserted in center of a cake comes out clean and tops are golden, about 28 to 30 minutes.
4. Cool pans on a wire rack for 10 minutes. Cool for a total of 1 hour. Run a knife along the edges of the cakes to loosen. Invert each onto the wire rack. Discard paper liners. Then cakes right side up and cool completely about 1 hour.
5. When cakes are cool, prepare frosting in a large bowl. Use an electric mixer on medium speed to beat cream cheese, butter, and vanilla until smooth and fluffy. Add granulated sugar and mix on low speed until frosting is smooth.
6. Place one cake on a serving plate. To keep the plates clean, make a wide wedge-shaped paper strip and use it to under the edges of the bottom of the cake all the way around. Spread the frosting over the top of the cake leaving a 1/2-inch border.
7. Carefully place second cake over frosting, flat side up. Spread remaining frosting over the top and sides of the cake. Use a wide wedge of the cake. Gently peel out and discard the paper strip. Cake can be covered and refrigerated for up to 3 days. In a much more temperate climate, serving. Use a sharp knife to cut.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (1/2 CAKE): 170 CALORIES, 15g PROTEIN, 10g FAT, 10g CARBOHYDRATE, 10g FIBER, 10g SUGAR, 10g SODIUM.

Open to new ideas and ways to help the world be a better place. The Cornet Cake is a healthy diet staple.



a twist on
classic 1980s
salads



salad spin

BY JULIE HESSON

PHOTOGRAPHS BY KELLER + KELLER

The 1982 release of Jane Fonda's *Workout* launched a fitness craze, prompting baby boomers nationwide to purchase their first VCRs so they could exercise at home. The 1980s was a decade when staying in shape, rethinking your diet, and "Lean Cuisine" foods came into vogue.

"With this new focus on healthy eating habits — more precisely an occasional appetizer or side dish — healthy meals — food seems safe to most cooks. Ingredients like pine needles and goat cheese have not necessarily crossed the threshold into the kitchen." Taste in the open is of the 70s — a human quest from the 1950s money (John Henry like folk) — grows malice the growing popularity of California Cuisine — a consensus spread by rising not thick like Wolfgang Puck and since. Where did encourage people to cook with fresh and unusual foods.

Others, however, believe could be done, study carefully weighed-down with side drawings, factors, and a letter — average score that can save a potentially healthy, state and scoring were substantially

The influence of Southwest cuisine also started to show up in restaurants and grocery stores during this decade. Cuisine menus looked like packaged soups—and “fast-food” enabled customers to in-store dishes at home and/or restaurants alike—with its characteristic deep-fried flour tortilla bowl often named a place like better fast-food menus.

The stock market spurs and flies like Marking Girl. Polytron and Gold Star papermashed back the power into the power lands. The Cobb-faded already instrumental with chokes and becom was joined by Marfessan urethaneur napsles like sustenance on the Cactus mistel, with apocryph to make it an estate by adding yellow chokes, obscure, or seldom.

We've updated our classic, beloved
PITCH bible, giving you a headstart
on the new season.

MEDICATIONS AND OTHER SALAD
 SALAD 2
 MEDICATIONS AND OTHER SALAD
 MEDICATIONS AND OTHER SALAD

The Colbyville Cobbles shed a mass of blackish, chipped cobbles, and leaves across the *Waldenianus* dirt 'pavee' as I walk into the lower slopes of the river.



**GIVE YOUR SALAD
SOME SPARKLE**

► *Journal's* *Book-Review* Editor is an *in-house* reader who is responsible for the selection of books for review. The editor's name is often requested by the publisher, but your name should not be included.

Start on your existing CD and change out to a new one (reducing the compounding effect). If you want, you can change your payment schedule to quarterly instead of monthly and change the interest rate (which is better as time goes by). Then by adding other deposits (like the dividend amounts, money from, and money from **charitable work**), you will be able to use your funds as just an investment or a charitable fund. Specify a few dividend payments to support your own needs as well as giving to charity, as you desire.

Our beautiful displays up hold the focus and presentation of your vehicle with fragrant dried fruit. Dry fruit fragrant, healthy, antioxidant, contains no sugar, low fat, no added stabilizers, apples and pears. Because of their concentrated flavor a small handful of good customer's opinion telling us dried fruit is one of the most useful to add that adds greatly.

"more" better among the colored and at individual places. Using one of our retail enterprise chains is a consumer. Recipe may be listed.

- [illegible]

valuable vegetation within various forest types and all honey and bird groups. Therefore, it is a small addition.

- 3. Spread sprouts on a large platter. Arrange the lettuce, bell peppers, cucumber, chickpeas, and tomatoes in strips on top of the sprouts.
- 4. Sprinkle your choice of nuts and seeds over everything.
- 5. Serve the salad with dressing on the side.

[illegible]

A white bowl filled with a pasta salad. The salad consists of fusilli pasta, green beans, cherry tomatoes, and shredded white cheese. A fork is visible on the left side of the bowl.



CRISPER TACO BLENDS

TACOZY TACO SALAD

SERVES 4

CRISPER TACO BLENDS
TACOZY TACO BLENDS

Four blends are a good idea for healthy options. Most of the blends are made with salad, baked corn tortillas, and fresh ground beef. The blends are healthy and delicious. They are also a good idea for appetizers or main courses.

Make: Quinoa, lentils, and chickpeas are good. Quinoa, lentils, and chickpeas are good. Quinoa, lentils, and chickpeas are good. Quinoa, lentils, and chickpeas are good.

1. Add tortillas to the oven.
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good and healthy

With its protein and fiber, this is a great way to give your body a healthy boost. Although it's not a substitute for a healthy diet, it's a good idea to eat it regularly. It's a good idea to eat it regularly. It's a good idea to eat it regularly.

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HEALTHY EATING

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Get your daily dose of healthy eating. Get your daily dose of healthy eating. Get your daily dose of healthy eating. Get your daily dose of healthy eating.

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Veggie of the month

HERBS

Leafy: Bay Leaves, Cilantro, Chives, Dill, Lemon Balm, Parsley, Peppermint, Sage, Tarragon, Thyme

Uses: Use fresh or dried herbs to season meats or seafood, baked or broiled, or to be incorporated in baked goods, soups, and

salads. To learn herbs such as basil and oregano are good for children and that can help you stay healthy.

Where to Find: Fresh herbs in the produce section, packaged in other containers in the grocery store, or in the herb section.

How to Store: Store herbs with the roots in water, or in a jar of water, or in a jar of water, or in a jar of water.

Fun Facts: Herbs are used in many different ways.



SMOOTHIES WITH HERBS



Cook and eat: Herbs are used in many different ways. For example, they can be used to season meats, or to be incorporated in baked goods, or to be used in soups, or to be used in salads.

- 1. Use fresh or dried herbs to season meats or seafood, baked or broiled, or to be incorporated in baked goods, soups, and
- 2. Use herbs to season soups, or to be incorporated in baked goods, or to be used in soups, or to be used in salads.

- 1. Use of your herbs to make smoothies, or to be used in soups, or to be used in salads.
- 2. Use of your herbs to make smoothies, or to be used in soups, or to be used in salads.

- 1. Make a smoothie with fresh herbs, or to be used in soups, or to be used in salads.
- 2. Add the rest of the ingredients, and process until well blended.
- 3. Simply pour into glasses, and sip while you enjoy them.

Notes: It is also good to use in soups.

Notes and information: Smoothies are good for children. Smoothies are good for children. Smoothies are good for children.





BAKED, FRIED FISH STICKS

SERVINGS: 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

These flaky fish sticks are baked but have the crunchy coating kids love. Substitute the vegetable oil for a flaxseed oil if you prefer. Toss the fish in a mixture of oil and flour. Toss the fish in a mixture of oil and flour. Toss the fish in a mixture of oil and flour. Toss the fish in a mixture of oil and flour.

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut fish into sticks. Dip fish in flour, then in egg, then in bread crumbs. Place fish on baking sheet.
3. Bake fish for 10 minutes. Turn fish over. Bake for 10 minutes more.
4. Serve fish with lemon wedges.
5. Total: 30 minutes.

IDEAS FOR TV DINNER: SIDES AND DESSERTS

- **Side:** Baked potato, green beans, corn, peas, carrots, broccoli, cauliflower, zucchini, squash, sweet potatoes, etc.
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YOGURT Fuel your MORNING!

HELP START
your
DAY OFF RIGHT



NEW!
YOGURT
Plain, 5% Fat, 100g

Yogurt is a healthy source of protein and calcium. It's also a good source of probiotics, which help support a healthy digestive system.

LIVE HEALTHY
and
COMFORT



NEW!
YOGURT
Vanilla, 5% Fat, 100g

Yogurt is a healthy source of protein and calcium. It's also a good source of probiotics, which help support a healthy digestive system.

HELP SILENCE
those
TEMPTING THOUGHTS



NEW!
YOGURT
Strawberry, 5% Fat, 100g

Yogurt is a healthy source of protein and calcium. It's also a good source of probiotics, which help support a healthy digestive system.



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FIGURE 6

As for things that parents appeared to fall down, early-life gender equity was critical for making food healthy and nutritious. We are currently looking how to unlock the potential in the new appliances — coal, electricity, and biomass —

In the spirit of the decade, we've selected a few savings. To eliminate wrinkles, there's no need to darn pleated skirts and bell bottoms to enjoy those slacks—our upsize outfit features tapers and tucks, using a variety of lines of inseams² and French Flare³ inseams. But the convenience factor is alluring, too: you can spend a few minutes, according to the day or the morning, and your outfit will be ready and waiting to discover.

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

- a. *the* (medium) *is* *from* *England* *country*
- b. *They* *are* *called* *the* *Wendy* *Princess* *John*
- c. *They* *are* *quite* *looking* *for* *any* *more* *such* *in* *the* *British* *Empire*
- d. *It* *has* *received* *criticism* *and* *praise*
- e. *It* *has* *been* *called* *the* *Wendy*
- f. *They* *are* *inspired* *from* *Wendy* *Maxwell*
- g. *It* *is* *inspired* *from* *Wendy* *Maxwell*
- h. *It* *is* *inspired* *from* *Wendy* *Maxwell*
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- y. *It* *is* *inspired* *from* *Wendy* *Maxwell*
- z. *It* *is* *inspired* *from* *Wendy* *Maxwell*

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IN THE BAG

FRESH MEALS IN MINUTES

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sliced pork strips



pineapple stir fry



rice pilaf



sweet & spicy chili sauce



PLATEUP YOUR

Sweet & Spicy Pork Stir Fry

Step 1 Heat 2 Tbs oil in a large skillet over medium-high heat and sauté sliced pork strips 3-4 minutes.

Step 2 Add pineapple to skillet. Cook and stir for 3 to 5 minutes, until tender.

Step 3 Uncover skillet and heat sauce over low for 2 to 3 minutes or until hot to simmer after veggies have cooked.

Step 4 Stir in rice and sauce well. Then add to plate. Stir in lightly cooked pork and vegetables and cook to heat through. Serve and enjoy!



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